

HEARING LOSS EDUCATIONAL PROGRAM

On October 17, 2013 at 11:00 a.m. at the senior center there will be an informational program on Hearing Loss presented by Brigham and Women's. Audiologists Lindsay Woods, AuD., and Sean Elam, AuD. will be speaking on the following topics: Basic Ear Anatomy, Causes and Types of Hearing Loss, Prevention and Identification of Hearing Loss, Types and Styles of Hearing Aids, and Hearing aid Maintenance and Trouble-Shooting. Please call the senior center at 508-543-1252 if you would like to attend this educational program.

Monday, October 14

Columbus Day Holiday – Senior Center Closed

Tuesday, October 15

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Shaws (in lieu of the Monday holiday) 1:00 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, October 16

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Video Lecture Series – “Mark Twain” 12:30 p.m.

TRIAD 1:00 p.m.

Job Lot/Dollar Tree 1:00 p.m.

Thursday, October 17

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Hearing Loss Program 11:00 a.m.

Italian 1 11:00 a.m.

Classic Movies - “Rocket Gibraltar” 1:00 p.m.

Low Vision Support Group 1:00 p.m.

Advanced Italian 1:00 p.m.

Friday, October 18

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

“Jack Craig Presents: Hoagy Carmichael” will be this week's senior center programming shown on October 16 and October 17. Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

SPECIAL EVENTS AND PROGRAMS

HALLOWEEN TEA

Come and celebrate Halloween day with us at our Halloween Tea hosted by Joanne Pratt on Thursday, October 31st from noon to 2:00 p.m. at the senior center. Join us for our Halloween Tea with lunch, great company and an afternoon of fun! We have limited seating, so please call the senior center at 508-543-1252 to sign up.

Reservations will be taken until Monday, October 28th or until all spots are filled, whichever comes first. Happy Halloween!

SIGN-UP ON FOR OUR LAKEVIEW PAVILION HOLIDAY CELEBRATION

Believe it or not, it's time to start thinking about the upcoming holiday season! Mark your calendar on Thursday, December 5th for our annual Holiday Celebration to be held at the Lakeview Pavilion in Foxboro this year. Jim DePillo of JD's Music Express will be providing our entertainment of music and fun to help us all get into the holiday spirit. We should arrive at the restaurant by 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include an entrée choice of Chicken Veloute which is baked chicken and cornbread stuffing with Valoute cream sauce, or the choice of Scrod encrusted in bread crumbs with lemon cream sauce. All meals will include freshly baked rolls and sweet butter, chef's choice of fresh vegetable, potato or rice, a tossed garden salad, coffee or tea, and vanilla ice cream with strawberry or chocolate sauce for dessert. The Van-Go will be available for the transportation of all of our regular van riders. The cost for this event is \$23.00 per person and payment will be due on or before Friday, November 8th. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1252.

REGULARLY SCHEDULED **TRIAD**

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, October 16 at 1:00 p.m. Everyone is welcome to attend these informational sessions.

MOVIE DAY

This month's Classic Movie Day is scheduled for Thursday, October 17th at 1:00 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our feature presentation this month is "Rocket Gibraltar" starring Burt Lancaster as Levi Rockwell. This is the touching story of a man who re-unites his family at his Long Island home to celebrate his 77th birthday, but personal and social problems abound. At his birthday party, he tells his grandchildren his very unusual last wish, and they do whatever they can to carry it out. If you'd like to join us, please call 508-543-1252 to sign up.

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: October 16th, 23rd, and 30th. Please call the senior center at 508-543-1252 to sign-up.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on October 17th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

MEN'S BREAKFAST

Our next Men's Breakfast will be held at 9:00 a.m. on Thursday, October 24th and our guest speaker will be Bill O'Donnell, Register of Deeds. The cost for the breakfast is \$3. If you would like to join us, please call the senior center at 508-543-1252 to sign up. As always, everyone is welcome to join us after breakfast has been served for the speaking portion of the program free of charge.

LUNCHEON OUTING

On one Wednesday afternoon each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Chateau restaurant in Norton on Wednesday, October 30th at 1:00 p.m. Seating is limited, so if you would like to join us, please call the senior center at 508-543-1252 to sign up by Tuesday, October 29th. Van transportation is available.

VIDEO LECTURE SERIES: "MARK TWAIN" – TIME CHANGE FOR OCTOBER

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The Life And Work Of Mark Twain" on Wednesdays at the senior center through November 20th from 11:30 a.m. to 12:30 p.m. except during Wednesdays in October when the time will be from 12:30 p.m. to 1:30 p.m. Hear about Samuel Clemens and his other self 'Mark Twain', his life, his humor, and his works. Listen as Professor Stephen Railton, Professor of English at the University of Virginia, narrates this series. Professor Railton received his M.A. and Ph.D. from Columbia University and has been the recipient of numerous literary awards. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, October 23rd, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m. followed by a meal of Roast Pork with Apple Gravy, Whipped Potato, Peas, Multigrain Roll and Peaches to be served at 5:00 p.m. A voluntary donation of \$3.00 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, October 28th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist, Sheri Thorpe, will be here on Tuesday, October 29th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

October 16 Dollar Tree Store/Ocean State Job Lot

October 23 Target

October 30 Luncheon Outing at The Chateau

AFGHANS

A great gift for any occasion, historical Town of Foxborough afghans are always available for sale at the senior center. Afghans in two colors (cranberry & natural, hunter green & natural, Williamsburg blue & natural, and navy blue & natural) are \$34.95 each. Afghans in 3 colors (Williamsburg blue, mauve & natural) are \$39.95 each. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, November 12th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

SHINE PROGRAM ON MEDICARE'S ANNUAL OPEN ENROLLMENT

Medicare is stronger than ever with more benefits, better choices and lower costs to beneficiaries. Expanded Medicare benefits under the health care law continue to be available, including certain free preventive benefits, cancer screenings and an annual wellness visit. Whether you choose Original Medicare or a Medicare Advantage plan, take advantage of Open Enrollment to review cost, coverage or both for 2014. Open Enrollment for Medicare will be from October 15th through December 7th. Take time to review your prescription drug and health insurance needs. Your health needs change from year to year and your health plan may change the benefits and costs each year as well. It is important to evaluate your Medicare choices regularly and Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

We will have an informational presentation by Peggy McDonough, Director of the HESSCO Elder Services SHINE Program, at the senior center on **Thursday, October 31st at 10:00 a.m.** to discuss "Open Enrollment, One Care, and Observation Days". Please join us for this program that will provide crucial information for seniors to know and understand about Medicare's upcoming Open Enrollment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Elders) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings as well as some additional times during "Open Enrollment". The next available appointments will be on Thursday, October 17th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. To sign-up for SHINE appointments or the Open Enrollment presentation at the senior center, please call 508-543-1252.

BEWARE OF MEDICARE SCAMS

The Medicare Open Enrollment period is a time when there is a higher risk for fraudulent activities. If you already have Medicare, you ***already have*** health insurance! The new Marketplace health insurance offerings are only for people who have NO health insurance. It is against the law for someone who knows that you have Medicare to sell you a Marketplace plan. Medicare "Open Enrollment" is from October 15th to December 7th. You have always been able to change your Medicare prescription drug plan or Medicare Advantage plan during that time. If someone calls and suggests you purchase one of the new plans, it ***could be*** a scam! Please take down the phone number and call SHINE at **1-800-243-4363** to confirm the authenticity of the insurance offer. There are scams that cost dearly if you reveal personal information to the wrong party!

PUBLIC SAFETY INFORMATION

AARP DRIVER SAFETY PROGRAM

Sturdy Memorial Hospital will host a FREE AARP Driver Safety Program on Friday, November 1st from 10:00 a.m. to 3:15 p.m. in the Auditorium. This one-day course is designed to help motorists refresh their driving skills, and includes information about new traffic laws and rules of the road, vision changes, medication and driving, as well as defensive driving. For more information and to register, call 508-236-8020.

FOREIGN LOTTERY FRAUD ADVISORY

AARP, the U. S. Postal Service and the Postal Inspection Service have teamed up to combat foreign lottery fraud, one of the most pernicious scams targeting older Americans. The hallmarks of trickery: stacks of advertisements and countless emails inviting you to play this or that offshore lottery; mysterious callers claiming you “won the Jamaican lottery,” but demand you pay foreign taxes in cash. The bottom line: **Never wire or send money to anyone, anywhere who says you’ve won a prize.** Odds are, it’s a scam.

BEWARE OF DELIVERY MEN BEARING GIFTS

Home invaders may pose as deliverymen or utility workers in order to lower your defenses and have you open your front door. Check out deliverymen who may come to your door, especially if they are requesting payment of a fee and are requiring that the payment be made by a debit or credit card. Scammers posing as deliverymen may ask you to swipe your card on a “mobile credit card machine” that will actually store your security information, such as your PIN, to create a “dummy” card. Trust your instincts and ask for the name of the company they work for and an address, then call to verify the information yourself. You can tell the delivery person to come back the next day, or until the information you have received has been verified. Don’t pay for something you didn’t order, even if it looks good. If you use your debit card, use it as a credit card, then you may have the credit card zero-liability protection that many cards offer. You should NEVER use your PIN.

NEW SCAM/FRAUD SCHEME

Residents have been receiving calls from a person claiming to be a Police Officer or Federal Agent. These persons claim to have a warrant for the arrest of the resident which can only be cleared up by sending a money order or rechargeable Visa/Master card to them. The caller is extremely aggressive and will attempt to intimidate the victim into sending them money or face being arrested. Be reminded that the Police will NEVER contact anyone demanding money for any reason. These calls have been originating out of state, anyone receiving calls of this nature may file a report with the [Federal Trade Commission](#) or with the [FBI](#). If anyone has actually lost money or had their identity compromised to this or any other fraud it should be reported to the local Police. Anyone wanting more information about ongoing fraud schemes can find it on the [FBI](#) website.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, October 14

Columbus Day Holiday – No Meals Served

Tuesday, October 15

Stuffed Shells with Tomato Sauce

Italian Blend Vegetables

Dinner Roll

Ambrosia

Wednesday, October 16

Oriental Vegetable Soup

Chicken Teriyaki

Asian Rice

Multigrain Roll

Arctic Ice

Thursday, October 17

Mock Stuffed Cabbage

Red Bliss Potato

Whole Wheat Bread

Pudding with Whipped Cream

Friday, October 18

Salmon with Greek Sauce

Scallion Potato

Beans Bonanza

Wheat Bread

Almond Cookie